

January 2016

Director's Corner...

HAPPY NEW YEAR TO ALL

Welcome 2016. Once again, another year has flown by. We have also lost several of our members who were treasured volunteers. When I think back to the many people who have touched my life in the 30 years I have been here, I feel very blessed. Many friendships were made, many lessons were learned, and I had many opportunities to grow in many ways from all the experiences that I have been lucky enough to encounter along the way because of all of you. All of them and all you have touched my heart and my life in so many different ways. So here's to a Happy, Healthy, Prosperous New Year.

Our new windows are being installed. Please be patient with class cancellations and being moved to the Library. Many thanks to Ann Grealish Rust, Tiverton Library Director, for allowing the Exercise class to use the library. Hopefully after the New Year, things will be moving along a bit quicker. We should be back to normal soon.

On Monday, January 11 at 3 p.m., we will begin a Caregiver's Support Group, sponsored by Child & Family Services. Janet Grapentine, RN, will facilitate. This is free and open to the public. If you are a caregiver, please consider giving this a try.

With the New Year comes our annual Membership Drive. Membership is now due. It is \$5.00 per person for the year. Please consider becoming a member even if you do not use our facilities on a regular basis. You never know when you are going to need a service that we provide.

Looking for something new to do this year? Why not try one of our exercise classes. We offer Exercise with Deb, Walk Away the Pounds, and Chair Yoga. Need to drop a few pounds? Try joining TOPS (Take Off Pounds Sensibly). Like to read? Join our book club. We have some lively discussions. Enjoy singing? Our chorus is always looking for new members.

We also need volunteers to deliver Meals on Wheels to the homebound throughout the Town of Tiverton. We currently have a Wednesday route available. If you can help us out, please call me or Rosalie at 625-6790.

Best Wishes to All,

Janice